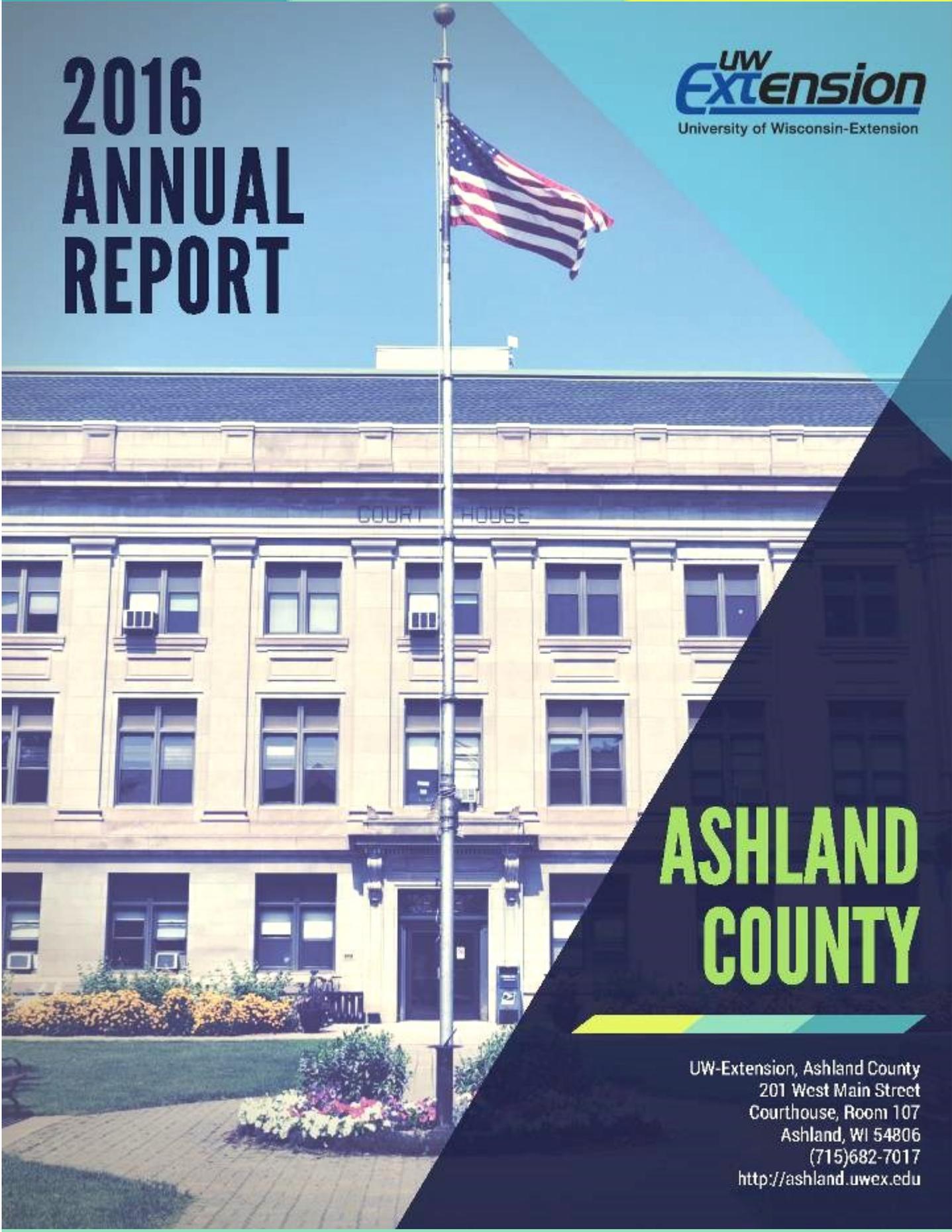


2016 ANNUAL REPORT

UW
Extension
University of Wisconsin-Extension



ASHLAND COUNTY

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Dear Partners and Friends,

For this report, we chose a photo rich format that we hope provides you with a broad overview of our work and valuable insight into how we strive to improve lives in Ashland County. We are relying on the old adage: a picture is worth a thousand words.

The University of Wisconsin Extension's Educational Priorities were developed to direct UW-Extension's educational work to transform lives, organizations, and communities. We've chosen to use the five Educational Priorities: Supporting a Safe and Healthy Food Supply, Empowering Youth, Families and Communities, Growing Strong Economies, Creating Resilient and Productive Environments, and Supporting Cooperative Extension and its Colleagues to organize this report. The five Educational Priorities will each headline pages of photos with descriptions of our programs and work that we think address each priority. Please take a couple of minutes to enjoy a snapshot of our work in 2016.

Thank you,

Your Ashland County UW-Extension Office

The University of Wisconsin-Extension provides statewide access to university resources and research so the people of Wisconsin can learn, grow and succeed at all stages of life. UW-Extension carries out the tradition of the *Wisconsin Idea* – extending the boundaries of the university to the boundaries of the state – through its four divisions of Continuing Education, Entrepreneurship and Economic Development, Cooperative Extension, and Broadcast and Media Innovations. Our Ashland County UWEX office is part of the division of Cooperative Extension and we provide education through four program areas: 4-H & Youth Development; Family Living and Nutrition Education; Agriculture and Horticulture; and Community, Natural Resource and Economic Development.

Ashland County UWEX Team in 2016



Tom Wojciechowski
Community, Natural Resource
and Economic Development
Educator



Joy Schelble
Bad River FRTEP (Federally
Recognized Tribal Extension
Program) 4-H Coordinator



Kathy Beeksma
Family Living Educator; Food-
Wise Coordinator, Ashland &
Bayfield Counties and North-
west Regional Associate



Donna Ganson
FoodWise Nutrition Educator,
Ashland & Bayfield Counties



Heidi Ungrodt
Ad Hoc Nutrition Educator
then Part Time Family Living
Educator Ashland & Iron
Counties



Stephanie Bakker
FoodWise Nutrition Educator,
Ashland & Bayfield Counties



Doug Liphart
4-H and Youth Development
Educator



Heather Laakso
FoodWise Nutrition Educator,
Ashland & Bayfield Counties



Jason Fischbach
Agriculture Educator,
Ashland & Bayfield Counties



Amy Tromberg
Ashland County Office
Assistant



Matt Cogger
Horticulture Educator,
Ashland & Bayfield Counties



Rebecca Butterworth
FoodWise & Part Time County
Support Staff



Natalie Cotter
Farmland Preservation Plan
& Comprehensive Planning
Assistant

1 Supporting a Safe and Healthy Food Supply

FoodWise, formerly known as the Wisconsin Nutrition Education Program, or WNEP, has a long legacy of providing nutrition education to individuals with limited incomes in Wisconsin. The program is a federally funded effort that seeks to empower Wisconsin residents with limited incomes to make healthy choices to achieve healthy lives and reduce health disparities.



Harvesting Herbs for Making Tea
Mashkisibi Boys & Girls Club

FoodWise exposes children to healthy foods and educates them about making healthy food choices. These youth from the Mashkisibi Boys and Girls Club are harvesting tea and stevia from the club garden with FRTEP. The children dried the tea and stevia, a natural alternative to sugar, so they could have locally grown tea into the winter months. FoodWise collaborated on this effort by teaching about sweetened beverages.

Veggie Time

FoodWise encourages students to make healthy food choices and often accomplishes this mission by partnering with others to get students directly involved in the culinary process. These Mashkisibi Boys and Girls Club youth are preparing tomatoes harvested from the Bad River Food Sovereignty High Tunnels.





Sanborn Seniors

FoodWise reaches out to participants of all ages. Here is a group of seniors from Sanborn trying out a food sample. Ashland County seniors are provided with a series of lessons during the summer at different meal sites.

Ojibwe Foodways Cooking Class *Birch Hill Community House*

FRTEP partners with SNAP-Ed, Bad River, and the Ashland County FoodWise Program to provide weekly cooking classes at the Birch Hill Community House focusing on healthy recipes utilizing traditional Ojibwe foods. Language and cultural insights are provided by community members and the FRTEP educator as a component of these classes.



Mellen 3rd Grade

Third grade students in Mellen and other schools throughout Ashland and Bayfield Counties learn about the many nutrients that their bodies need to support growth and daily activities. Nutrition educators teach students how to read and understand nutrition labels. Through a variety of interactive exercises, students learn how to identify the specific functions of nutrients and thus gain an understanding of how daily diet decisions impact their overall health and growth. Students apply this knowledge in choosing foods and beverages that will help their bodies be strong and healthy.



Bad River Food Sovereignty

FRTEP partners with the Mashkisibi Boys and Girls Club and other youth programs to provide hands-on education in the Bad River high tunnels. Children learn about food production, health, and connections to traditional Ojibwe foodways in modern times.

Harvesting and Processing Tomatoes

FoodWise nutrition educators partner with local agencies and teach youth about locally grown and accessible healthy foods. Youth process tomatoes harvested from the Food Sovereignty High Tunnels.



Mellen 1st Grade

The FoodWise program introduces youth to new foods from the different food groups during a series of lessons at local schools.

Butternut Pre-K Parents

Nutrition Educators are able to travel to the southern part of the county to provide education for Butternut Pre-K parents and their children. The parents and children get to work together to make a healthy snack.





Money Management Coaching Classes
Northern Great Lakes Visitor Center

Offered by Ashland County Family Living Educator, Kathy Beeksma, and her colleague in Bayfield County, Elizabeth Lexau. Participants engage in activities that demonstrate the coaching and communication skills they learn from the class.

Superior Days

Superior Days engages and inspires youth in the area of community governance. After a tour around the capital youth delegates visited Senator Janet Bewley's office. From L to R: Lia Munteanu, Zach Barker, Senator Janet Bewley, Colin Liphart, Dhani Lubis, Hunter Thewis, Mykaila Peters, Nabil Nor Adha, Katelyn Schultz, Anna Lazork, Jessica Colvers, Hamza Khan, Aida Sani, Emily Wiatr and Madeline Marsh.



Science Monday
Ashland Fire Department

Science Mondays give area youth in grades 3-6 a hands-on science experience, and chance to learn about science professions in our area. Science professionals and majors guide exciting, interactive experiences, as well as, mentor youth. This program is just one of many ways Ashland County 4-H & Youth Development is providing STEM (science, technology, engineering and math) opportunities to the youth of Ashland County.



2016 Ashland County Fair
 Marengo Fairgrounds

Nicole Riemer shows her beef cow during the summer 2016 4-H Market Sale at the Ashland County Fair in Marengo, WI. Showing animals provides youth the opportunity to learn responsibility and accountability within the context of a career development activity.

Master Gardener Program

Typically the Master Gardener training is offered annually. Due to increased interest in the class Matt Cogger, Horticulture Educator, offered two sessions and trained 46 volunteers as Master Gardeners in 2016.

Become a Master Gardener!



2016 Training



Who is a Master Gardener?

- A Master Gardener is a trained volunteer who aids University of Wisconsin Extension Staff by helping people in the community better understand horticulture and their environment.
- Master Gardeners help educate local community members in applying horticultural science to manage their landscapes and gardens in a science-based, sustainable manner.



4-H CANSKI

4-H CANSKI gets 150 area youth outdoors in the winter, builds community, and develops leadership skills. Youth recreate, compete, and serve their community while developing a healthy active lifestyle under the guidance of caring and positive mentors. Pictured are some of the 4-H CANSKI team.



Summer Camp
4-H Summer Camp near Delta brings youth in grades 3 through 8 together to learn life skills, build community, practice independence, and have fun.

Bad River Youth Cultural Education
Community Orchard and Pow Wow Grounds
FRTEP coordinated events at the pow wow grounds. Several elders and culture teachers joined to provide children with hands-on experience building a fire, pruning trees, and playing snowshoe games.



American Western Spirit Trip
4-H & Youth Development Educator Doug Liphart accompanied youth from Ashland County and around the state who visited and did service projects in 8 National Parks to mark the National Park Service centennial; learning history, heritage, conservation and service.

3 Growing Strong Economies

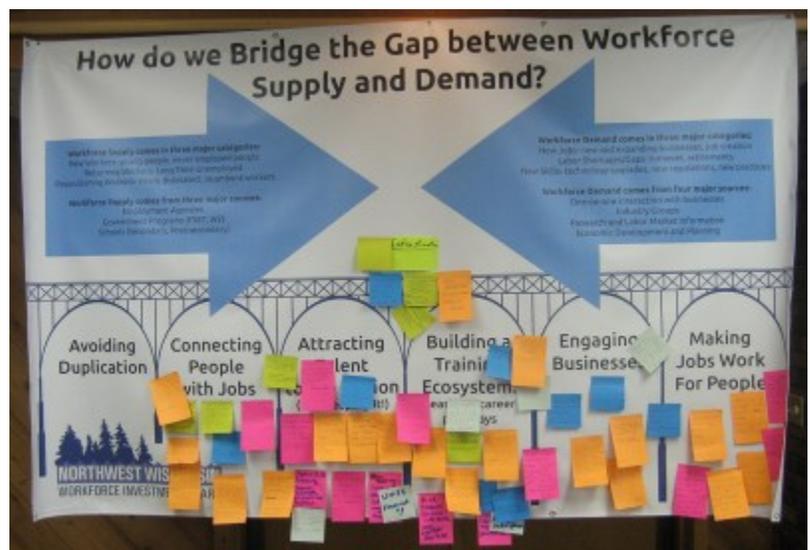


Developing a Hazelnut Industry

Work continues to develop a hazelnut industry in the Upper Midwest based on the wild American Hazelnut found throughout our region. Since 2009, Jason has been evaluating promising genotypes, we have now selected the top 8 and are working to propagate them for distribution to growers for trial. Delicious!

Northwest Workforce Investment Board

Tom developed and led a 'world café' style conference for the Workforce Investment Board (WIB.) Thirty-five area leaders participated in a half day workshop developing steps to bridge the gap between employer's needs for workers and citizen's needs for quality jobs.



United States Agency for International Development (USAID)

In August of 2016, Matt had the chance to travel to Armenia as a representative of USAID (United States Agency for International Development) to assist raspberry growers near Yerevan Armenia. Much of the land in Armenia is mountainous or poorly suited to agriculture. High value crops such as raspberries have the potential to increase income for farmers.

4 Creating Resilient and Productive Environments

South Shore Nutrient Management Plan Training

Since 2009, Jason has helped 40 farmers in the Lake Superior watershed of Wisconsin write or update a nutrient management plan for their operation. Such plans help farmers get the most out of their fertilizer dollar while also helping ensure the nutrients stay on the land where they are needed and not in our rivers, streams, and lakes.

2016 South Shore Nutrient Management Plan Training Program



Ashland County Comprehensive Plan
Volume 2: Vision & Goals

Comprehensive Plan Review and Updates

Working with a county board committee and staff from several county offices Tom led the review and update of the county's Comprehensive Plan. It includes thoroughly updated background data and mapping, as well as, revised goals, objectives and action steps. The plan was passed unanimously by the Ashland County Board in December 2016 and is available on our website.

Clean Sweep Hazardous Waste Collection

We coordinated the annual collection of hazardous waste, including hazardous chemicals and medications for Ashland County. Overall the collection kept approximately 8,100 pounds of dangerous substances and about 5 pounds of controlled substances out of our landfills, ditches, waterways and community.



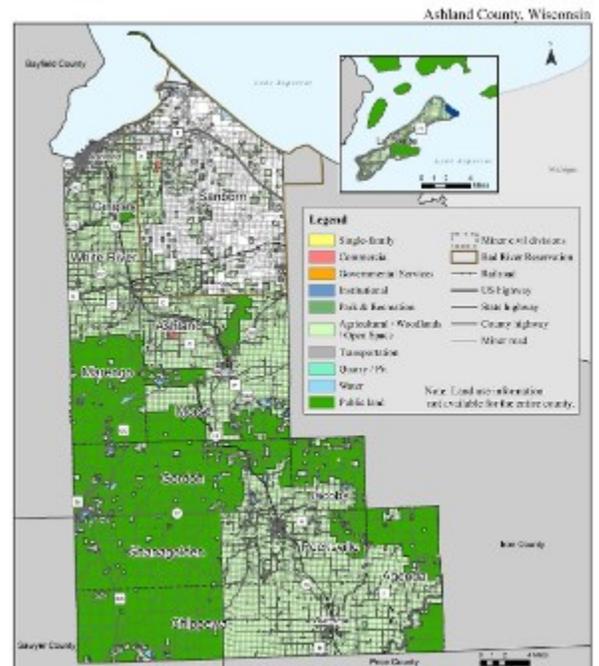


High Tunnel Research

With funding from a DATCP Specialty Crop Block Grant, Jason is conducting research in three area high tunnel greenhouses to determine the best way to grow spinach during the winter months. With more than 70 high tunnel greenhouses now in Ashland and Bayfield Counties, the research will help put those greenhouses to work during the winter months!

Farmland Preservation Plan

As part of the Comprehensive Plan update, the committee also developed a new Farmland Preservation Plan. Tom worked with the land conservation department and the comprehensive plan committee to develop this new plan. The plan was reviewed in public input meetings with town officials and citizens, as well as, by the state Department of Agriculture Trade and Consumer Protection (DATCP). It was approved in December.



Reducing Plant Disease

One issue facing growers is the lack of information and resources for fruit production. Most growers share transplants and as a result plant diseases can be an issue. Matt provides information on how to reduce the risk of plant diseases which can help growers to increase the longevity of their raspberry fields.



Gitigaaning, Ojibwe Foodways Ashland School Garden

As a way for the Ashland School district to be more responsive to Native Youth through the Act 31 state mandate, FRTEP partnered with the Farm to School Program to provide a series of classroom and garden based Ojibwe Foodways lessons. We planted traditional foods with Bad River community members providing cultural teachings and a ceremony on the planting day.

Successful Co-Parenting Class Newsletter

The Family Living Program Educators teach six 3-hour Co-Parenting classes for parents each year and follow-up the classes with a series of "Common Ties" newsletters. When parents do not live together it takes effort to parent their children together. It is important to children that their separated parents communicate clearly and minimize conflict to help children grow and thrive.



Farm to School Celebration

In summer 2016, the regional director of the USDA Farm to School Program along with our elected officials joined us in Washburn to celebrate our Chequamegon Bay Farm to School Project. Five area school districts now have high tunnel greenhouses to help staff use experiential gardening to teach our kids science, technology, engineering, and math (STEM).

5 Supporting Cooperative Extension and its Colleagues

Wisconsin Idea Award

We were pleased to nominate Representative Beth Meyers for the statewide Wisconsin Idea Award which recognizes citizens who provide extraordinary support to Cooperative Extension. She was selected for the award and received it at the annual Joint Council of Extension Professionals conference.



Ashland County University of Wisconsin-Extension

Community Development > 4-H Youth Development > Family Living >

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Ashland & Bayfield Counties Leadership Program
@AshlandBayfieldCountiesLeadershipProgram

Supporting Extension

UW-Extension office staff answer and direct phone calls, greet visitors, provide information, sign people up for classes or events, and interact with the people of Ashland County on a daily basis. Our front office answered over 2,231 phone calls and assisted over 1,037 visitors in 2016. The Ashland County UW-Extension website and Facebook page are frequently updated with timely materials and new educational offerings. Our website had 5,240 sessions (engaged users on site) and 9,495 page views (total number of pages viewed) in 2016.

Creating Educational Publications

One of the many duties performed by UW-Extension support staff is creating educational and informational materials, such as the 4-H Newsletter that is published four times per year and reaches over 125 families in Ashland County. Another example is the bi-monthly newsletter Nutrition Nibbles that is distributed to 185 seniors.

4-H Pledge My Hands To Larger Service

...and more...

Senior Nutrition Nibbles

Inside This Issue

- Choosing Healthy Restaurant Meals
- 10 Tips for Choosing Healthy Foods as you Age
- Number Facts: Reading the Label
- Cooking for One or Two

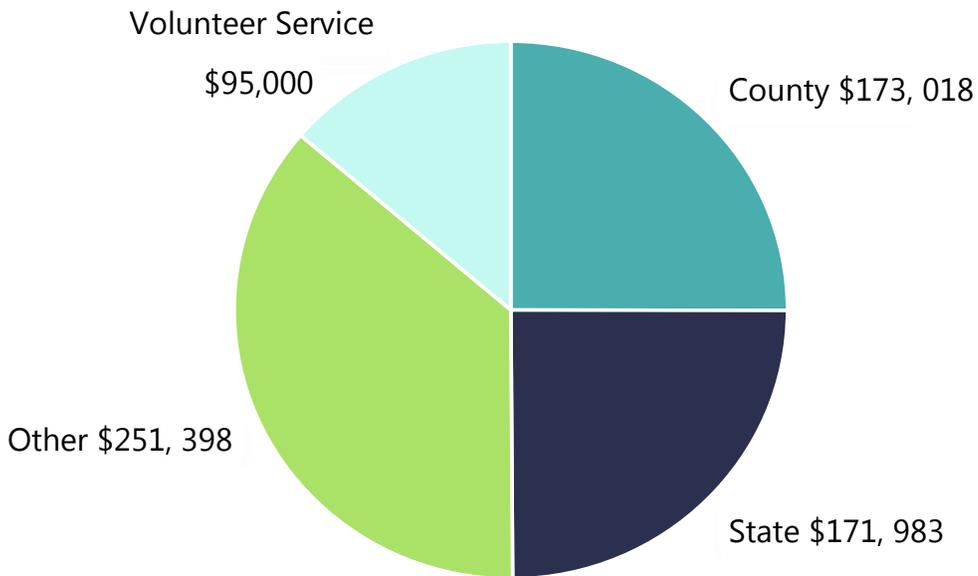
Cheating Healthy Restaurant Meals

Going out to eat is enjoyable, but restaurants often serve large meals, which can be high in calories, fat, and salt. Don't be afraid to ask for items on the menu that are prepared and served smaller. Here are a few tips to help make your restaurant choices healthier.

- Order a salad with lean meat, low-fat or fat-free cheese, and other healthy toppings. Choose low-fat dressings or vinaigrette dressings.
- Choose foods that are baked, broiled, braised, grilled, steamed, sautéed, or boiled. Avoid fried foods.
- Hold back "second courses." Ask for seconds to be kept on the side rather than served at the table.
- Select foods with a tomato-based or red sauce instead of a cream-based or white sauce. Avoid foods with a lot of cheese, butter, or cream.
- Don't eat fried, breaded, or battered foods.
- Ask for "half" or "small" portions.
- Ask for foods to be prepared without added salt, and don't add salt to the table.
- Drink water. Cut back on fruit, soft drinks, and alcohol.
- Be mindful of fats. Try a salad bar or olive, milk, yogurt, or low-fat or fat-free dressing, or fat-free margarine.
- Order an item from the menu instead of having for the "all-you-can-eat" buffet.
- If you take home leftovers, get them into the refrigerator within 2 hours—sooner if the temperature is above 90°F.

Our Impact on Ashland County in 2016

Economic Impact of Ashland County UW-Extension in 2016



University of Wisconsin-Extension offices are located in all 72 counties in the state. Extension is funded through a combination of County, State, Federal and program/research funds.

Generally, the counties supply 40% of educator salaries plus support staff and operation costs. The state provides 60% of salaries, plus many forms of support such as state specialists who can be called upon to provide research, education or programming in our county. The FoodWise Nutrition Education Program is fully funded by federal dollars.

Cost and Return in 2016

